

MULTIPLE CHOICE QUESTION PAPER

Paper number: SAMPLE 4 Please ensure that this paper number is referenced on your candidate answer sheet	Time allocation: 45 minutes
Title: <p style="text-align: center;">Level 3 Diploma in Personal Training (Practitioner) - Sample Assessment Materials</p>	
Student: XXXXXX Sample 4	
Special Instructions: <p>This sample assessment contains 30 multiple-choice questions, over two sections:</p> <ul style="list-style-type: none">• Section 1 contains 20 questions that test your knowledge of Applied Anatomy and Physiology (A/616/4747)• Section 2 contains 10 questions that test your knowledge of Nutrition to Support Physical Activity (L/616/4753) <p>Each question is worth one mark. You should select one response (a, b, c or d) for each question and record this on your answer sheet. If you need to change any of the answers you have given, delete your response by completely filling in the box and then select the response you prefer. Circle the new response to make it clear that this is the answer you would like marked. Please do not write on the question paper.</p> <p>Try to answer all questions and check your responses, if you have time to do so. To pass this assessment, you must correctly answer:</p> <ul style="list-style-type: none">• 14 out of 20 questions in Section 1 AND• 7 out of 10 questions in Section 2	

Section 1

Applied Anatomy and Physiology (A/616/4747)

This section contains 20 questions that test your knowledge of Applied Anatomy and Physiology. You need to score a minimum of 14 out of 20 in this section to pass the assessment.

- Q1** Which of the following is a ligament that supports the spine?
- a) Iliofemoral ligament
 - b) Posterior longitudinal ligament**
 - c) Medial collateral ligament
 - d) Anterior talofibular ligament
- Q2** Which hormone regulates metabolism of all cells and tissues in the body?
- a) Insulin
 - b) Thyroxine**
 - c) Cortisol
 - d) Oestrogen
- Q3** When is delayed onset of muscular soreness (DOMS) typically experienced?
- a) Immediately after exercise
 - b) 2–8 h after exercise
 - c) 12–72 h after exercise**
 - d) 4–7 days after exercise
- Q4** Which muscle in the legs is the longest in the human body?
- a) Splenius capitis
 - b) Sartorius**
 - c) Supraspinalis
 - d) Seratus anterior

- Q5** Which muscle crosses the elbow joint?
- a) Biceps femoris
 - b) Triceps brachii**
 - c) Teres major
 - d) Levator scapula
- Q6** What disease of the arteries is characterised by fatty material being deposited on their inner walls?
- a) Osteoporosis
 - b) Atherosclerosis**
 - c) Arteriosclerosis
 - d) Osteoarthritis
- Q7** Which is a function of systemic circulation?
- a) To carry deoxygenated blood away from the heart to the body
 - b) To transfer oxygenated blood back to the heart from the body
 - c) To carry oxygenated blood away from the heart to the body**
 - d) To transfer nutrients around the body
- Q8** Which spinal disorder may also be known as 'hunchback'?
- a) Hyper-kyphosis**
 - b) Hyper-lordosis
 - c) Upper-cross syndrome
 - d) Lower-cross syndrome
- Q9** Which muscles are situated along each side of the spine?
- a) Erector spinae**
 - b) Teres minor
 - c) Infraspinatus
 - d) Deltoid

Q10 What must happen to start a muscle contraction?

- a) Stimulation of the muscle by a motor neuron impulse
- b) Stimulation of the muscle by an actin filament
- c) Stimulation of the muscle by a myosin filament
- d) Stimulation of the muscle by adenosine triphosphate

Q11 What is the contraction phase of the cardiac cycle called?

- a) Diastole
- b) Pulmonary
- c) Systemic
- d) Systole

Q12 Which of the following is the cause of the birth defect achondroplasia?

- a) The muscles of the legs and arms do not form correctly
- b) The bone tissue of the hands and feet do not grow properly
- c) The muscles of the spine do not form correctly
- d) The bone tissue of the leg and arm do not grow properly

Q13 Which of the following is a pelvic floor muscle?

- a) Piriformis
- b) Levator scapula
- c) Coccygeus
- d) Erector spinae

Q14 Which of the following is a role of the brain?

- a) Transfer of messages
- b) Interpretation of messages
- c) Autonomic control
- d) Initiation of spinal reflexes

- Q15** What system produces hormones that regulate metabolism, growth and development?
- a) Nervous
 - b) Endocrine**
 - c) Lymphatic
 - d) Respiratory
- Q16** Which local (deep) muscle supports posture?
- a) Erector spinae
 - b) Rectus abdominis
 - c) Transverse abdominis**
 - d) External obliques
- Q17** Which muscle crosses the knee joint?
- a) Tibialis anterior
 - b) Piriformis
 - c) Rectus femoris**
 - d) Soleus
- Q18** Within the endocrine system, which gland is the 'master gland'?
- a) Adrenal
 - b) Thyroid
 - c) Pancreas
 - d) Pituitary**
- Q19** The function of a Golgi tendon organ is to
- a) sense the speed of a stretch
 - b) sense the strength of a stretch
 - c) sense changes in muscle tension**
 - d) sense changes in muscle size

Q20 Which of the following is a primary core muscle?

- a) Trapezius
- b) Tensor fascia lata
- c) Transverse abdominis**
- d) Tibialis anterior

Section 2

Nutrition to Support Physical Activity (L/616/4753)

This section contains 10 questions that test your knowledge of Nutrition to Support Physical Activity. You need to score a minimum of 7 out of 10 (70%) in this section to pass this assessment.

Q21 What is the calorific value of protein?

- a) 4 kcal/g
- b) 5 kcal/g
- c) 6 kcal/g
- d) 7 kcal/g

Q22 In the energy balance equation, what would be the cause of weight gain?

- a) Energy in is greater than energy out
- b) Energy out is greater than energy in
- c) Energy in is less than energy out
- d) Energy in is equal to energy out

Q23 What vitamin may be deficient in people who have little sunlight exposure?

- a) Vitamin B
- b) Vitamin C
- c) Vitamin D
- d) Vitamin K

Q24 Why is it healthier to prepare your own food rather than buying take-aways or pre-prepared foods?

- a) Bigger portions can be prepared
- b) More carbohydrates can be added
- c) Healthier cooking methods can be chosen
- d) More protein can be added

- Q25** Which one of the following contain simple carbohydrate?
- a) Meat
 - b) Fruits**
 - c) Fish
 - d) Vegetables
- Q26** What is the name of the process of converting muscle protein to glucose?
- a) Oxidation
 - b) Kreb's cycle
 - c) Gluconeogenesis**
 - d) Glycolysis
- Q27** Which of the following healthy eating guidelines is the **most important** for clients with a weight loss goal?
- a) Limit foods high in fat and sugar**
 - b) Drink six-to-eight cups/glasses of fluid every day
 - c) Base meals on starchy carbohydrates
 - d) Have some dairy or dairy alternatives every day
- Q28** What type of food packaging label shows a visual representation of the fat, saturated fat, salt and sugar in the contents?
- a) Warning sign labelling
 - b) Stop and go labelling
 - c) High and low labelling
 - d) Traffic light labelling**
- Q29** What organisation is the professional association and trade union for UK dietitians?
- a) The Food Standards Agency
 - b) The Health and Care Professions Council
 - c) The British Dietetic Association**
 - d) The Association for Nutrition

Q30 Which of the following would be the most reliable source of nutritional information for sports people?

- a) Sports websites
- b) Scientific nutrition journals**
- c) Sports magazines
- d) Sports club leaflets

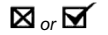
Sample Assessment

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Important! The form should be completed IN CAPITAL LETTERS using a BLACK ballpoint pen. Characters and marks used should be similar to:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z 1 2 3 4 5 6 7 8 9 0

To select a checkbox:



YMCA Awards Theory Paper

This candidate answer sheet must be used with a paper in the following structure:

30 Questions

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Site Code: SAM001/001 Assessment Date: 01/03/2018

Paper: Sample 4

Student: XXXXXX Sample 4

Q1 a b c d

Q2 a b c d

Q3 a b c d

Q4 a b c d

Q5 a b c d

Q6 a b c d

Q7 a b c d

Q8 a b c d

Q9 a b c d

Q10 a b c d

Q11 a b c d

Q12 a b c d

Q13 a b c d

Q14 a b c d

Q15 a b c d

Q16 a b c d

Q17 a b c d

Q18 a b c d

Q19 a b c d

Q20 a b c d

Q21 a b c d

Q22 a b c d

Q23 a b c d

Q24 a b c d

Q25 a b c d

Q26 a b c d

Q27 a b c d

Q28 a b c d

Q29 a b c d

Q30 a b c d

Invigilator Name (must be clearly printed)

Invigilator Signature (Please keep inside box)

Candidate Signature (Please keep inside box)

